



February 2 to February 11 , 2024



Friday February 2	8:30 a.m. 9:00 p.m.	E2 Academy (Boardroom & Meeting room) Ghana Methodist Church (Sanctuary)
Saturday February 3	10:00 a.m. 10:00 a.m. 10:00 a.m.	<b>Men's Walking Group (Chapel)</b> Private booking (Lower level hall) Ghana Methodist Church (Sanctuary)
<b>Sunday,</b> February 4	10:30 a.m. 11:30 a.m. 3:00 p.m. 6:30 p.m.	<b>RUC Worship Service &amp; Communion (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom) TRSA Board meeting (Boardroom)
Monday February 5	8:30 a.m. 5:45 p.m. 7:00 p.m.	E2 Academy (Boardroom & Meeting room) 32nd Girl Guides (Lower hall) <b>Handbell Choir rehearsal (Sanctuary)</b>
Tuesday February 6	8:30 a.m. 10:00 a.m. 2:00 p.m. 4:30 p.m. 5:30 p.m.	E2 Academy (Boardroom & Meeting room) <b>Transitions Group (Chapel)</b> <b>Reflective Crafting (Chapel)</b> Elite Dance (Lower level hall) Condo AGM (Sanctuary)
Wednesday February 7	8:30 a.m. 10:00 a.m. 11:00 a.m. 3:30 p.m. 5:00 p.m.	E2 Academy (Boardroom & Meeting room) <b>Wednesday Walkers (Chapel)</b> <b>Restorative Yoga (Lower level hall)</b> Private rental (Sanctuary) Elite Dance (Lower level hall)
Thursday February 8	8:30 a.m. 5:00 p.m. 6:00 p.m. 7:30 p.m.	E2 Academy (Boardroom & Meeting room) Karate class (Lower level hall) Wellness Junkies (Lower level hall) <b>RUC Choir rehearsal</b>
Friday February 9	8:30 a.m.	E2 Academy (Boardroom & Meeting room)
Saturday February 10	10:00 a.m. 10:00 a.m.	<b>Men's Walking Group (Chapel)</b> Ghana Methodist Church (Sanctuary)
<b>Sunday,</b> February 11	10:30 a.m. 11:30 a.m. 3:00 p.m.	<b>RUC Worship Service (Sanctuary)</b> Ghana Methodist Church (Sanctuary) Al-Anon Family Group (Boardroom)

**Riverbend United Church**  
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**Twitter:**  
[@riverbendunited](https://twitter.com/riverbendunited)



**Facebook:**  
[www.facebook.com/riverbendunited](https://www.facebook.com/riverbendunited)



Have questions about the church?

Look for people with the red **"Ask Me"** stickers on their Name tags.

### Save the date

- Shrove Tuesday, February 13  
5:30 p.m. **Pancake dinner**  
6:30 p.m. **Service of Ashes**
- Ash Wednesday, February 14
  - Palm Sunday, March 24
  - Good Friday, March 29
  - Easter Sunday, March 31

# Riverbend United Church ~ News & events



## Somewhat Sacrilegious Sacramental Sock Toss

The Outreach Committee is again having a drive for new socks for adults and children. Please practice your hook shots, lay-ups, and dunks and bring lots of

pairs of warm, **new** socks to church to toss **February 11** or **February 18**. If you cannot be there, please drop socks off when the church office is open or call 780.430.7275 and someone from the committee will happily pick them up. All socks will be taken to The Mustard Seed who will ensure that they get to needy people living in the inner city.

**Pancakes and Ashes** Lent begins mid-February, so please join us on Tuesday **February 13th** for a pancake supper followed by a Service of Ashes. The Youth group will collaborate with the Turkey Team to serve a pancake meal, and then Reverend Valerie, Dr. Doug Spaner and Sherry Steele will lead a brief service to commence our Lenten journey. No dinner tickets are required - a freewill offering will be collected. Pancakes at 5:30 p.m. in the lower level hall, Service of Ashes 6:30 p.m. in the Sanctuary.

**Lenten Book Study** *How Do YOU Pray? Inspiring Responses from Religious Leaders, Spiritual Guides, Healers, Activists and Other Lovers of Humanity*, edited by Celeste Yacoboni. Join us for a 5-week discussion, held on Tuesdays in person at RUC from 11:30 a.m. to 12:30 p.m. beginning **February 20<sup>th</sup>** and Wednesday evenings at 7:00 p.m. on Zoom beginning **February 21<sup>st</sup>**. Sign up in the Narthex or contact the church office to order a book (\$29) or to join the Zoom group. E-books are also available from Amazon and Indigo.

**Men's Walking Group** The Men's Coffee and Walking group meets most Saturdays at 10:00 a.m. in the Chapel at Riverbend United Church. We will start with coffee and conversation, and end with an

optional walk. There may be some days when we don't meet, or we plan to meet at another location, so please get your name on the email list or contact the church office to make sure that there will be a Saturday event. To add your name to the email list for the men's group events, please contact the church office.

**Care Team** Are you interested in joining the care team? Our plan is to reactivate the team to meet the needs of our congregation. This will include making phone calls and/or visits. Please contact Valerie or Holly for further information or with any questions you may have. You can also email Holly at [carecoordinator@riverbendunited.org](mailto:carecoordinator@riverbendunited.org).



**Valentine's Tea and Vendor Market** on **February 10**, from 11:00 a.m. to 4:00 p.m. at Spirit of Hope United Church (7909 — 82 Avenue NW, Edmonton). Enjoy browsing great products from local vendors. Stay for tea and goodies with your friends. Everyone is welcome! No admission cost.

**World Day of Prayer Service** The plight of the people of the Middle East is in the news and on people's minds. Join Spirit of Hope United Church (7909—82 Avenue NW, Edmonton) on Friday, **March 1st** at 1:30 p.m. for a special service of story, song and prayer which has been created by the Women's Inter-Church Council of Canada and was written by Women of Palestine. There will be a chance for visiting and refreshments afterwards.